



# Northampton Aquatic & Family Center at JFK Middle School, 100 Bridge Rd. Florence

## American Red Cross Lifeguarding Recertification

### Pre-course Requirements:

- ◆ **Must** hold current Lifeguard certification or certification that has expired in last 30 days
- ◆ Ability to pass swim test (300 yards continuously, demonstrating breath control and rhythmic breathing) using front crawl or breaststroke. Goggles allowed.
- ◆ Tread water for two (2) minutes using only the legs (hands under arms or held out of water)
- ◆ Complete within 1 minute, 40 seconds: From shallow end of pool, swim 20 yards, surface dive to retrieve a 10-pound object from the deep end of pool, return to starting point holding brick with both hands while keeping face out of water, and exit water without using ladder or steps. Goggles **NOT** allowed.

**This course is for re-certification only.** Upon successful completion of this course (including written and rescue skills testing), you will receive an American Red Cross Lifeguard Training certificate. You will also receive CPR for the Professional Rescuer & First Aid. **Attendance at all classes in the session is mandatory.**

**Dates:** Friday, June 3 Pretest\* 5:00 - 6:30 pm

Saturdays June 11 & 18 10:00 am - 3:00 pm

**Location:** Aquatic & Family Center at JFK Middle School  
100 Bridge Road

Florence, MA 01062

(Entrance is located in back of building)

**Fee:** \$100 / \$110 / \$120 (includes all materials)

*Fees listed in the order of AFC member/non-member-resident/non-resident*

**\*\$25 of this fee is a non-refundable swim testing fee**

Registration form can be downloaded at

<http://www.northamptonma.gov/821/Registration-Forms-Policies>

Completed registrations accepted at the Aquatics & Family Center  
Mon-Fri 4-8pm, Sat 10am-5pm and Sun 11-4:30pm (587-1046) or  
at the Northampton Parks & Recreation Department, 90 Locust St., Northampton  
Mon-Fri 8:30am-4:30pm (587-1040)

Need More Information? email [jmiller@northamptonma.gov](mailto:jmiller@northamptonma.gov)

**NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM**

*Do not use this form for Summer Day Camps or Birthday Party registrations: Download those packets at [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)*

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**ADULT 1**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Cell \_\_\_\_\_

Email: \_\_\_\_\_

**ADULT 2**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Cell \_\_\_\_\_

Email: \_\_\_\_\_

**EMERGENCY CONTACT OTHER THAN PARENT**

Name \_\_\_\_\_

Phone \_\_\_\_\_

**Photo Release:** May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?

Yes ☐No ☐**PARTICIPANT'S FULL NAME:** \_\_\_\_\_ Male ☐ Female ☐

School \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade entering in the Fall \_\_\_\_\_

Program Name	Week #/Session(s)/Day	Basic Fee	Non-Res Fee	Total Basic Fees
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**TOTAL FEES****PARTICIPANT'S FULL NAME:** \_\_\_\_\_ Male ☐ Female ☐

School \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade entering in the Fall \_\_\_\_\_

Program Name	Week #/Session(s)/Day	Basic Fee	Non-Res Fee	Total Basic Fees
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**TOTAL FEES****PASS PURCHASE**

Pass for Beach or Aquatic Center	Pass Type	Fee
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**TOTAL DUE:**

Pass Holders Names

Male/Female

Age

**Special Considerations/Comments**

(Use back if necessary)

_____	Male/Female	_____	_____
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____

Charge my VISA \_\_\_\_ Master Card \_\_\_\_ Discover \_\_\_\_ Card # \_\_\_\_\_ Expiration \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

<b>Office Use Only:</b> Amt Rec'd \$ _____	Date _____	RT Date _____	Staff _____	Amt Rec'd \$ _____	Date _____	RT date _____	Staff _____
Amt Rec'd \$ _____	Date _____	RT Date _____	Staff _____	Amt Rec'd \$ _____	Date _____	RT date _____	Staff _____